

I Claim:

1. A stable dietary supplement composition containing herbal ingredients selected from a group consisting of *Spica Prunella flos*, *Chrysanthemi flos*, *Lonicera Japonica*, *Radix Notoginseng*, *Cleistocalyx Operculatis*, *Lentinus Edodes*, and *Sophora Japonica*.
2. The dietary supplement composition of Claim 1, wherein *Cleistocalyx Operculatis* and *Lentinus Edodes* are accessed by distilling and extracting.
3. The dietary supplement composition of Claim 1, wherein *Spica Prunella* is accessed by extracting.
4. The dietary supplement composition of Claim 1, wherein the active ingredients comprise about 18.75%wt each *Spica Prunella flos* and *Chrysanthemi flos*, about 15% wt of *Lonicera Japonica*, about 12.5% wt each of *Radix Notoginseng* and *Cleistocalyx Operculatis*, and about 11.25%wt each of *Lentinus Edodes* and *Sophora Japonica*.
5. The dietary supplement composition of Claim 1, wherein said supplement is a tablet with binding agents containing at least cellulose, magnesium stearate and dextrose.
6. The dietary supplement composition of Claim 1, wherein said supplement is a capsule with a binding agent containing rice flour.
7. The dietary supplement composition of Claim 1, wherein the composition comprises a tablet or capsule.
8. A stable dietary supplement composition for decreasing and maintaining normal blood pressure in humans comprising as active ingredients about 18.75%wt each *Spica Prunella flos* and *Chrysanthemi flos*, about 15% wt of *Lonicera Japonica*, about 12.5% wt each of *Radix Notoginseng* and *Cleistocalyx Operculatis*, and about 11.25%wt each of *Lentinus Edodes* and *Sophora Japonica*.

9. The dietary supplement composition of Claim 8, wherein said supplement is a tablet with binding agents containing at least cellulose, magnesium stearate and dextrose.

10. The dietary supplement composition of Claim 8, wherein said supplement is a capsule with a binding agent containing rice flour.

11. A stable dietary supplement composition for lowering high blood pressure, the composition containing an effective amount of active ingredients selected from a group consisting of Spica Prunella flos, Chrysanthemi flos, Lonicera Japonica, Radix Notoginseng, Cleistocalyx Operculatus, Lentinus Edodes, and Sophora Japonica, and where said composition is  
5 a tablet or capsule containing binding agents.

12. The composition of Claim 11, wherein said composition comprises about 18.75%wt each Spica Prunella flos and Chrysanthemi flos, about 15% wt of Lonicera Japonica, about 12.5% wt each of Radix Notoginseng and Cleistocalyx Operculatus, and about 11.25%wt each of Lentinus Edodes and Sophora Japonica.

13. A method of reducing blood pressure levels in humans, comprising the daily administration to a human of a composition containing as active ingredients Spica Prunella flos, Chrysanthemi flos, Lonicera Japonica, Radix Notoginseng, Cleistocalyx Operculatus, Lentinus Edodes, and Sophora Japonica.

14. The method of Claim 13, wherein said composition comprises about 18.75%wt each Spica Prunella flos and Chrysanthemi flos, about 15% wt of Lonicera Japonica, about 12.5% wt each of Radix Notoginseng and Cleistocalyx Operculatus, and about 11.25%wt each of Lentinus Edodes and Sophora Japonica.

15. A dietary supplement in tablet form, comprising about 18.75%wt each Spica Prunella flos and Chrysanthemi flos, about 15% wt of Lonicera Japonica, about 12.5% wt each of Radix

Notoginseng and Cleistocalyx Operculatus, and about 11.25%wt each of Lentinus Edodes and Sophora Japonica.

16. The supplement of Claim 15, further comprising binding agents containing cellulose, magnesium stearate and dextrose.

17. A dietary supplement in capsule form, comprising about 18.75%wt each Spica Prunella flos and Chrysanthemi flos, about 15% wt of Lonicera Japonica, about 12.5% wt each of Radix Notoginseng and Cleistocalyx Operculatus, and about 11.25%wt each of Lentinus Edodes and Sophora Japonica and further comprising rice flour as a binding agent.